

**Ambrosia Health Centre's
team of
Professional Therapists:**

Tania Largent (Tue-Sat)

Acupuncture
Chinese Herbal Medicine
Infant Massage Classes

Natalie Franks (Mon, Wed, Thu)

Ph: 0410 561 288
Reflexology, Craniosacral &
Myofascial Therapy, Remedial &
Lymphatic Drainage Massage,
Energy Healing

Lê Hoang (Tue & Sat)

Ph: 0404 478 715
Counselling & Psychotherapy
Individual & Couples Therapy
Relationship Building Workshops

Ana Claudia Brandão (By Appt)

Ph: 0428 569 373
Feng Shui & Chinese Astrology

Ambrosia's range of complimentary services reflect our treatment philosophy - healthy mind & healthy body to maintain a healthy lifestyle.

To all our Ambrosia Health Centre Clients **thank you** for giving us the opportunity to treat, educate & inspire you, your family & friends to greater health & wellbeing.

**Gift Certificates
& Gift Packs**

A Great Idea for any occasion

Health Rebates

Available with most Therapies

If you do not wish to receive this newsletter in the future please contact us on 9665 4341.

Ambrosia News

To a Wonderful Winter!

Due to the popularity of our **FREE Wed night talks** we have another exciting season planned.

June 25 Brett Turner, a personal trainer, closely associated our Massage therapist Natalie, will speak on Obesity and Exercise.

July 23 Ana Brandão will talk about "Feng Shui and your health". Is your home supporting your body and soul? Explore how to create a calm, inspiring and supporting environment at home using the ancient principles of Feng Shui.

Aug 6 Lê Hoang will discuss the "Kinds of issues couples should review over the life of their relationship".

Lê is also running workshops through the WEA College: Aug 2-3: "Making Relationships Work Better" & Aug 16: "Living Life with Fulfilment". For more information call **9264 2781** or see www.weasydney.nsw.edu.au

Aug 20 Natalie Franks will give her 'Benefits of Craniosacral Therapy' talk that was delayed due to illness.

Please call & **register your interest** today.

Our Spring timetable is already in the making so stay tuned for more exciting events.

Sept 3 Ana will hold her 3hr Workshop (7-10pm) 'Principals of Classical Feng Shui Pt 1'.

In October **Tania** will present 'Food as medicine' again for those who missed it earlier or those who want some revision or questions answered.

Also, check out our website over the next month as we are making great changes.

Oriental Medicine

Oriental medicine sees **Winter** as the **season of the Kidney energy** including our adrenals. The kidneys are considered the source of all energy or "Qi" within the body, the **inner power** of life itself. The kidney energy is associated with the reproductive system, the bones including the marrow & the brain, our nervous & immune systems & ageing gracefully.

Winter is the time when nature slows down. We too need to **slow down** to conserve our energy. Rushing about expending our energy lowers our immunity & we get sick more easily. It is during restful times that we replenish our energy & build our immunity. Don't focus so much on the outer world this winter, make your home the centre of your activities.

Slowing down also includes cultivating an inner stillness, reflecting on life. Emotionally the kidney energy relates to fear & depression. So tonifying the Kidney energy can help us feel strong enough to cope with all that life asks of us.

Even our circulation slows down in the winter cold so be sure to **wear warm clothes**, keep your abdomen & lower back warm, do some gentle stretching to keep the circulation flowing & **eat warm hearty soups, stewed fruits & roasted nuts** to help to warm the body's core & keep nourished.

Acupuncture, moxabustion & Herbal Kidney tonics are great to warm & strengthen the body for a great healthy winter. **Call Tania today** for an appointment with a **healthy winter**.

Are You Looking After Yourself?

Caring for someone with illness or disability is a stressful experience, even more so when you care for someone you love.

Guilt often compounds the physical stresses the caring job demands: have I done enough for her/him? I shouldn't be taking time out for myself!

Shame often compounds the guilty feelings: how could I even think of telling someone about my stress!

Caring for someone does not mean sacrificing yourself away. In fact, caring for someone effectively, demands that you take good care of yourself. Anyone who has ever flown would have heard the hostess instruct parents to put their oxygen mask on first, in emergency, prior to attempting to put them on their children. Why? Because, whoever is in the caring role, where others depend on you, you need to survive, you need to be strong, you need to be healthy. Without you, they have no carer!

Lê Hoang, our counsellor is **accredited by Carers NSW** to provide carers counselling. It's a government funded counselling program, so it's free for most people. This is the program for carers of family, friends, neighbours, with illness / disability (physical or mental), or frail aged. You do not need to live with the person. You are entitled to carers counselling even when the person you cared for has passed away. Counselling can focus on: managing stress, grief and loss, transition issues (eg, moving into nursing home), emotional support, your health and wellbeing.

"A word spoken in kindness engenders confidence. A thought expressed with kindness engenders profound feelings. A generous act

performed with kindness engenders love." Lao Tseu

Please act generously and pass the word around to carers.

Integrated Bodywork

The work of Massage Therapists and other Health Care Professionals can be mutually supportive in bringing you pain relief, increased mobility and flexibility, and enhanced wellbeing. Massage Therapists and other Complementary Health Care Practitioners all bring unique skills to your health care assessments and treatment protocols.

Similarly within the Massage Profession there are many different styles of treatment that uniquely address the various aspects of body-mind. I have trained in a number of key styles and have found that the integration of these therapies into a treatment program gives the best possible results.

Into a Remedial Massage session I may integrate one or more of the following based on on going assessment: Craniosacral Therapy for emotional and physical trauma, to restore balance and relieve both physical and emotional pain; Lymphatic Drainage Therapy to strengthen the immune system and for chronic conditions; Reflexology to focus on problems of the internal organs such as helping improve bowel function.

My priority as a Massage Therapist is to facilitate in your body's healing process and on occasion this means to also recognise when you need more than massage alone and so will happily refer you to an appropriate practitioner.

Call Natalie now for an appointment and manage your health in a more productive way.

Feng Shui

When we have goals of improving our health we normally look for a health practitioner. We may be going to our practitioner for a long time, but things are only improving very slowly, and we are unsure why.

Feng Shui is also a health related modality. Sometimes we forget the strong influence that our environment has on our health. The flow of good chi in our home is a sign of a healthy home and it will influence our health directly, supporting our treatments.

In the Winter we will inevitably be spending more time at home, and we need to look after our health by attracting fresh energy to our homes. Opening windows and doors more often, having indoor plants, having fresh flowers on table are a few simple things that help.

Feng Shui also helps us to look after our mental health. We can ask ourselves a few simple questions: Is my personal environment fully supporting me emotionally? Do I inhabit a place that supports me in having clearer thoughts and finding creative solutions for my problems?

What I have observed is that, when our environment is in conflict with our personal goals it is like trying to drive forward with the breaks on: a lot of effort for a very small movement.

If you would like to learn more about **how Feng Shui can benefit your mental and physical health**, come to my **FREE talk** at Ambrosia on **July 23rd at 7pm** or call me today on 0428 569 373 to book your free personalised Feng Shui home assessment.

Ana is available for home & office consultations by appointment.